

FIRST COAST SWING

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Count: 48 **Wall:** 2 **Level:** —

Choreographer: Debi Dillow

Music: Man! I Feel Like A Woman by Shania Twain

½ PIVOTS INTO FORWARD SHUFFLES

- 1 Step forward on right
- 2 Pivot ½ turn left, changing weight to left
- 3&4 Shuffle forward right-left-right
- 5 Step forward on left
- 6 Pivot ½ turn right, changing weight to right
- 7&8 Shuffle forward left-right-left

CROSSOVERS INTO HEEL GRINDS

- 9 Traveling side left, cross step on right heel over left (toe pointing toward 10:30)
- 10 Stepping left to left side, grind (swivel, move) right heel right (toe turning toward 1:30)
- 11-16 Repeat counts 9-10 three more times

JAZZ SQUARE INTO ¼ TURN, HEEL JACKS

- 17 Cross step right over left
- 18 Stepping back on left, make ¼ turn left
- 19 Step right to right side
- 20 Step left beside right
- 21 Touch (tap) right heel forward
- &22 Stepping back on right to center, touch (tap) left heel forward
- &23 Stepping back on left to center, step forward on right
- 24 Reach forward, pulling arms in to waist, touch left toe beside right

ZIG ZAG BACK WITH CLAPS

- 25 Step back on left 45 degrees left
- 26 Touch right toe beside left & clap
- 27 Step back on right 45 degrees right

28 Touch left toe beside right & clap

29-32 Repeat counts 25-28

1-¼ TURN, HIP SWAYS

33 Step left to left side, making ¼ turn left

34 On ball of left, make ½ turn left stepping back on right

35&36 Making ½ turn left, shuffle (triple) left-right-left

37-40 Shifting weight, sway hips right-left-right-left (weight ending on left)

KICK BALL CHANGE

41 Kick right forward

& Stepping back on right, slightly lift left

42 Step on left

LADY'S SUGAR PUSH BASIC

43 Step forward on right

44 Step forward on left

45 Touch (tap) right toe beside left

46 Step back on right

47 Keeping right in place, step back on left

& Keeping left in place, rock forward onto right

48 Rock back onto left

REPEAT